

Fig 1

|      | 3        | 4        |         | 26                                 | 30         | <u>\</u> | ,        |        | 23   | 32               |
|------|----------|----------|---------|------------------------------------|------------|----------|----------|--------|--|------------------|
|      | 1        |          |         | de                                 | J          | 36       |          |        | $\checkmark$   |                  |
|      |          |          |         | Soups                              | •          |          |          |        | Burgers  | $\sqrt{}$        |
|      | Menu C   | ompai    | ibility | Served with fresh whole grain roll |            | Menu (   | Compatil | bility | Includes side item of choice                         |                  |
|      | В        | ~        |         | Buffalo Chili                      | \$2.95     | В        | •        |        | Buffalo Burger                                       | \$5.95           |
|      | В        | ~        |         | Spicy Chicken Gumbo                | \$2.95     | В        |          |        | Classic Burger                                       | \$5.95           |
| 38 – | → LC     | •        | ٧       | Hearty French Onion                | \$2.95     | В        |          |        | Peppercorn Burger                                    | \$5.95           |
|      |          | ~        | V       | Red Beans and Rice                 | \$1.95     | V        | •        |        | Veggie Burger  | \$5.95           |
|      |          |          |         |                                    |            | В        | •        |        | Salmon Burger  | \$6.95           |
|      |          |          |         | <u>Salads</u>                      |            |          |          |        | Sandwiches   |                  |
|      |          |          |         | Served with fresh whole grain roll |            |          |          |        | Includes side item of choice                         |                  |
|      | В        | LC       | *       | Ginger Chicken Salad               | \$5.95     | В        | *        |        | Blackened Chicken                                    | \$5.95           |
|      | В        | LC       | *       | Caesar Salad                       | \$2.95     | В        | *        |        | Honey-Garlic Chicken                                 | \$5.95           |
|      |          |          |         | available with blackened chicken,  |            | В        | *        |        | Chipotle Sage Chicken                                | \$5.95           |
|      |          |          |         | honey-gartic chicken, salmon       | \$5.95     | В        | *        |        | Salmon Filet   | \$6.95           |
|      | В        | LC       | *       | Blackened Chicken Salad            | \$5.95     | В        | ~        |        | Shaved BBQ Pork                                      | \$5.95           |
|      | В        | LC       |         | Thai Peanut Salad with Chicke      | \$5.95     |          |          |        | ۵  |                  |
|      | LC       | *        | V       | Mixed Green Salad                  | \$1.95     |          |          |        | <u>Panini</u>  |                  |
|      |          |          |         | 10/                                |            |          |          |        | Includes side item of choice                         |                  |
|      |          |          |         | <u>Wraps</u>                       |            | V        | •        |        | Anaheim Pepper and Sun-dried                         | CC OF            |
|      |          |          |         | Includes side item of choice       | ee oe      |          |          |        | Tomato Panino  | \$6.95           |
|      | В        | <b>Y</b> |         | Thai Peanut Chicken Wra            |            | В        | •        |        | Turkey, Anaheim Pepper and                           | ***              |
|      | В        | <b>V</b> |         | Chicken Hummus Wrap                | \$5.95     | _        |          |        | Sun-dried Tomato Panino                              | \$6.95           |
|      | <b>Y</b> | V<br>~   |         | Veggie Hummus Wrap                 | \$5.95     | В        | •        |        | Turkey and Cranberry Panino                          | \$6.95           |
|      | В 🕶      |          |         | Chipotle Sage Pork Wrap            | \$5.95     | _        |          |        | served with a side of deli must                      | ard              |
|      | •        | ٧        |         | Veggie Burrito                     | \$5.95     | В        |          |        | Ham and Tilamook Cheddar                             | ec os            |
|      |          |          |         |                                    |            | В        |          |        | Panino Roast Beef with Au Jus and Horseradish Panino | \$6.95<br>\$6.95 |
|      |          |          |         | Side Dishes                        |            |          |          |        | Entrees  |                  |
|      |          |          |         |                                    |            |          |          |        | served with side of choice and                       |                  |
|      | V        | *        |         | Baked Fries                        | \$2.95     |          |          |        | salad or seasonal vegetable                          |                  |
|      | V        | ~        |         | Baked Sweet Potato Fries           | \$2.95     | В        | <b>Y</b> | LC     | Honey-garlic chicken Breast                          | \$7.95           |
|      | V        | *        | LC      | Coleslaw                           | \$1.95     | В        | *        | LC     | Chipotle Sage Chicken Breast                         | \$7.95           |
|      | ٧        | ~        | rc      | Creamy Coleslaw                    | \$1.95     | В        | *        | LC     | Chipotle Sage Pork Loin                              | \$7.95           |
|      | ٧        | ~        |         | Red Beans and Rice                 | \$1.95     | В        | *        | ΓÇ     | Blackened Chicken Breast                             | \$7.95           |
|      | ٧        | ~        | LC      | Green Salad                        | \$1.95     | В        | <b>Y</b> | LC     | Grilled Salmon Filet                                 | \$8.95           |
|      | ٧        | ~        |         | Hummus                             | \$2.95     |          |          |        |  |                  |
|      | ٧        | *        |         | Whole Grain Roll                   | \$0.95     |          |          |        |  |                  |
|      | ٧        | •        |         | Whole Grain Rice with              | \$1.95     |          |          |        |  |                  |
|      |          |          |         | Cranberries and Walnu              | ıts        |          |          |        | Odds and Ends  |                  |
|      |          |          |         |                                    |            | LC       | В        | ٧      | Extra Cheese<br>Fresh Salsa                          | \$0.75<br>\$0.75 |
|      |          |          | _       | Symbol Key:                        |            | <b>.</b> |          |        |  |                  |
|      |          |          | R=      | Balanced Protein and               | V=<br>•    | Veget    |          | и      |  |                  |
|      |          |          | LC=     | Carbohydrates<br>Low Carbohydrate  | <b>∀</b> = | Heart    | Friend   | lly    |  |                  |

Fig. 2

| Pritikin Compliant   |                            | <b>Body for Life Compliant</b>   |                            |  |  |
|--|----------------------------|--|----------------------------|--|--|
| Buffalo Chili<br>Spicy Chicken Gumbo<br>Red Beans and Rice | \$2.95<br>\$2.95<br>\$2.95 | Buffalo Chili<br>Spicy chicken Gumbo                                   | \$2.95<br>\$2.95           |  |  |
| Hearty French Onion Soup                                   | \$2.95                     | Ginger Chicken Salad<br>Caesar Salad with Chicken<br>Thai Peanut Salad | \$5.95<br>\$5.95<br>\$5.95 |  |  |
| Ginger Chicken Salad                                       | \$5.95                     |  | •                          |  |  |
| Caesar Salad   | \$2.95                     | Chicken Hummus Wrap  | \$5.95                     |  |  |
| Blackened Chicken Salad                                    | \$5.95                     | Chipotle Sage Pork Wrap  | \$5.95                     |  |  |
| Thai Peanut Chicken Wrap                                   | \$5.95                     | Buffalo Burger   | \$5.95                     |  |  |
| Chicken Hummus Wrap  | \$5.95                     | Classic Burger   | \$5.95                     |  |  |
| Veggie Burrito   | \$4.95                     | Peppercorn Burger<br>Salmon Burger                                     | \$5.95<br>\$6.95           |  |  |
| Buffalo Burger   | \$5.95                     |  | <b>¥</b> 0.00              |  |  |
| Veggie Burger  | \$5.95                     |  |                            |  |  |
| Salmon burger  | \$6.95                     |  |                            |  |  |
| Atkins Compliant   |                            | Zone Compliant   |                            |  |  |
| Hearty French Onion Soup                                   | \$2.95                     | Hearty French Onion Soup   | \$2.95                     |  |  |
| Ginger Chicken Salad                                       | \$5.95                     | Ginger Chicken Salad   | \$5.95                     |  |  |
| Caesar Salad   | \$2.95                     | Caesar Salad   | \$2.95                     |  |  |
| Thai Peanut Salad  | \$5.95                     | Thai Peanut Salad  | \$5.95                     |  |  |
|  | \$6.95                     | Chicken Breast Entrée  | \$6.95                     |  |  |
| Blackened Chicken Entrée                                   | \$6.95                     | Blackened Chicken Entrée   | \$6.95                     |  |  |
| Salmon Filet Entrée  | \$6.95                     | Salmon Filet Entrée  | \$6.95                     |  |  |

Fig. 3

| Low Carbohydrate Diet                 |        | All items on this menu are consistent with a low |  |  |
|---------------------------------------|--------|--|--|--|
| <u>Soups</u>                          |        | carbohydrate diet such as the                    |  |  |
| Hearty French Onion                   | \$2.95 | Atkins diet.                                     |  |  |
| Ginger Chicken Salad                  | \$5.95 |  |  |  |
| <u>Salads</u>                         |        |  |  |  |
| Caesar Salad                          | \$2.95 |  |  |  |
| available with blackened chicken,     |        |  |  |  |
| honey-garlic chicken, salmon          | \$5.95 |  |  |  |
| Blackened Chicken Salad               | \$5.95 |  |  |  |
| Thai Peanut Salad with Chicken        | \$5.95 |  |  |  |
| Mixed Green Salad                     | \$1.95 |  |  |  |
| Entro co                              |        |  |  |  |
| Entrees                               | 05.05  |  |  |  |
| Chipotle Sage Pork Loin               | \$5.95 |  |  |  |
| Buffalo Burger                        | \$5.95 |  |  |  |
| Classic Burger                        | \$5.95 |  |  |  |
| Peppercorn Burger                     | \$5.95 |  |  |  |
| Salmon Burger                         | \$6.95 |  |  |  |
| 3urgers and Sandwiches served without |        |  |  |  |
| bread or bun                          |        |  |  |  |
| Side Dishes                           |        |  |  |  |
| Coleslaw                              | \$1.95 |  |  |  |
| Creamy Coleslaw                       | \$1.95 |  |  |  |
| Extra Cheese                          | \$0.75 |  |  |  |
| Fresh Salsa                           | \$0.75 |  |  |  |
| Beverages                             |        | ĭ.   |  |  |
| Espresso                              | \$1.25 |  |  |  |
| Doppio                                | \$1.50 |  |  |  |
| Fresh Coffee                          | \$1.00 |  |  |  |
|                                       |        |  |  |  |

Fig. 4

## Heart Friendly Diet

| Soups                              |              | <u>Panini</u>                      |
|------------------------------------|--------------|------------------------------------|
| Served with fresh whole grain roll |              | Includes side item of choice       |
| Buffalo Chili                      | \$2.95       | Anaheim Pepper and Sun-dried       |
| Spicy Chicken Gumbo                | \$2.95       | Tomato Panino \$6.95               |
| Hearty French Onion                | \$2.95       | Turkey, Anaheim Pepper and         |
| Red Beans and Rice                 | \$1.95       | Sun-dried Tomato Panino \$6.95     |
|                                    |              | Turkey and Cranberry Panino \$6.95 |
| <u>Salads</u>                      |              | served with a side of deli mustard |
| Served with fresh whole grain roll |              |                                    |
| Ginger Chicken Salad               | \$5.95       | Beverages                          |
| Caesar Salad                       | \$2.95       | Wine (by the glass) \$3.95         |
| available with blackened chicken,  |              | Bottled Tea or Juice \$1.75        |
| honey-garlic chicken, salmon       | \$5.95       | Espresso \$1.25                    |
| Blackened Chicken Salad            | \$5.95       | Doppio \$1.50                      |
| Thai Peanut Salad with Chicken     | \$5.95       | Cappuccino \$1.75                  |
| Mixed Green Salad                  | \$1.95       | Latte \$1.95                       |
|                                    |              | Mocha \$1.95                       |
| <u>Wraps</u>                       |              | Fresh Coffee \$1.00                |
| Includes side item of choice       |              |                                    |
| Chicken Hummus Wrap                | \$5.95       |                                    |
| Veggie Hummus Wrap                 | \$5.95       |                                    |
| Chipotle Sage Wrap                 | \$5.95       |                                    |
| Veggie Burrito                     | \$5.95       |                                    |
|                                    |              |                                    |
| <u>Burgers</u>                     | t            |                                    |
| Includes side item of choice       | <b>45.05</b> |                                    |
| Buffalo Burger                     | \$5.95       |                                    |
| Veggie Burger                      | \$5.95       |                                    |
| Salmon Burger                      | \$6.95       |                                    |
| Sandwiches                         |              |                                    |
| Includes side item of choice       |              |                                    |
| Blackened Chicken                  | \$5.95       |                                    |
| Honey-Garlic Chicken               | \$5.95       |                                    |
| Chipotle Sage Chicken              | \$5.95       |                                    |
| Salmon Filet                       | \$6.95       |                                    |
| Shaved BBQ Pork                    | \$5.95       |                                    |
|                                    |              |                                    |

Fig. 5

## Balanced Protein and Carbohydrate Diet Panini Turkey, Anaheim Pepper and Soups \$6.95 Sun-dried Tomato Panino Buffalo Chili \$2.95 \$6.95 Turkey and Cranberry Panino Spicy Chicken Gumbo \$2.95 served with a side of deli mustard Ham and Tilamook Cheddar Salads \$6.95 Panino Served with fresh whole grain roll Roast Beef with Au Jus and Ginger Chicken Salad \$5.95 \$6.95 Horseradish Panino Caesar Salad \$2.95 available with blackened chicken, **Entrees** \$5.95 honey-garlic chicken, salmon served with side of choice and Blackened Chicken Salad \$5.95 salad or seasonal vegetable Thai Peanut Salad with Chicken \$5.95 Honey-garlic chicken Breast \$7.95 Mixed Green Salad \$1.95 Chipotle Sage Chicken Breast \$7.95 Chipotle Sage Pork Loin \$7.95 Wraps Blackened Chicken Breast \$7.95 Thai Peanut Chicken Wrap \$5.95 Grilled Salmon Filet \$8.95 Chicken Hummus Wrap \$5.95 Side Dishes Veggie Hummus Wrap \$5.95 Chipotle Sage Wrap \$5.95 Baked Fries \$2.95 **Baked Sweet Potato Fries** \$2.95 **Burgers** \$1.95 Coleslaw **Buffalo Burger** \$5.95 Creamy Colesiaw \$1.95 Classic Burger \$5.95 Red Beans and Rice \$1.95 Peppercorn Burger \$5.95 Green Salad \$1.95 Veggie Burger \$5.95 Hummus \$2.95 Salmon Burger \$6.95 Whole Grain Roll \$0.95 Whole Grain Rice with \$1.95 Sandwiches Cranberries and Walnuts Blackened Chicken \$5.95 Beverages Honey-Garlic Chicken \$5.95 Espresso \$1.25 Chipotle Sage Chicken \$5.95 Doppio \$1.50 Salmon Filet \$6.95 Cappuccino \$1.75 Shaved BBQ Pork \$5.95 Latte \$1.95 Mocha \$1.95 Fresh Coffee Items on this menu are consistent with \$1.00 balanced diets such as the Zone diet, Bottled Tea or Juice \$1.75

Fig. 6

or the Body for Life diet.

## Vegetarian Diet

| <u>Soups</u>                                       | Beverages |                             |   |  |
|--|-----------|-----------------------------|---|--|
| Served with fresh whole grain roll                 |           |                             |   |  |
| Hearty French Onion                                | \$2.95    | Draught Beer \$3.00         | C |  |
| Red Beans and Rice                                 | \$1.95    | Bottled Beer \$2.50         | ) |  |
|  |           | Wine (by the glass) \$3.95  | 5 |  |
| Salads   |           | Fountain drinks \$1.50      | ) |  |
| Served with fresh whole grain roll                 |           | Bottled Tea or Juice \$1.75 | 5 |  |
| Caesar Salad .                                     | \$2.95 .  | Espresso \$1.25             | 5 |  |
| Mixed Green Salad                                  | \$1.95    | Doppio \$1.50               | ) |  |
|  |           | Cappuccino \$1.75           | 5 |  |
| <u>Wraps</u>                                       |           | Latte \$1.95                | 5 |  |
| Includes side item of choice                       | •         | Mocha \$1.95                | 5 |  |
| Veggie Hummus Wrap                                 | \$5.95    | Fresh Coffee \$1.00         | ) |  |
| Veggie Burrito                                     | \$5.95    |                             |   |  |
| Burgers Includes side item of choice Veggie Burger | \$5.95    |                             |   |  |
| <u>Panini</u>                                      |           |                             |   |  |
| Includes side item of choice                       | •         |                             |   |  |
| Anaheim Pepper and Sun-dried                       |           |                             |   |  |
| Tomato Panino                                      | \$6.95    |                             |   |  |
| Side Dishes  | t.        |                             |   |  |
| Baked Fries  | \$2.95    |                             |   |  |
| Baked Sweet Potato Fries                           | \$2.95    | •                           |   |  |
| Coleslaw   | \$1.95    | · ·                         |   |  |
| Creamy Coleslaw                                    | \$1.95    |                             |   |  |
| Red Beans and Rice                                 | \$1.95    |                             |   |  |
| Green Salad  | \$1.95    |                             |   |  |
| Hummus   | \$2.95    |                             |   |  |
| Whole Grain Roll                                   | \$0.95    |                             |   |  |
| Whole Grain Rice with                              | \$1.95    |                             |   |  |
| Cranberries and Walnuts                            |           |                             |   |  |

Fig. 7